

Waterfront Lifeguard Course Outline

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Special Considerations	<ul style="list-style-type: none"> Identify special and unique features when guarding open water. Explain best practices for dealing with the special features of open water environments. 	65
Submerged Victims	<ul style="list-style-type: none"> Explain how to mark a victim's last known position in an open water environment. Detail the procedures (shallow and deep water) to conduct a line search to locate a submerged victim when bottom cannot be seen. 	65
Equipment	<ul style="list-style-type: none"> Identify special equipment used to lifeguard in an open water environment. Demonstrate effective use of rescue equipment and technique(s). 	240
Total Time (minutes)		370

FINAL WRITTEN EXAM

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		30
Total Time (minutes)		30

FINAL PHYSICAL SKILLS EVALUATION

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Evaluation of Physical Skills		75
Total Time (minutes)		75

TOTAL WATERFRONT LIFEGUARD CURRICULUM COURSE TIME (does not include the formal written and/or practical assessments):

6 Hours, 10 Minutes

IMPORTANT NOTES:

*Time for each Lesson includes delivery of Content Knowledge as well as Demonstration & Practicing of Physical Skills.

**This is a specialty add-on to the core pool lifeguard course. All participants in this course must hold a current World Academy of Safety & Health (WASH) pool lifeguard certification (alternatively, the pool lifeguard course can be conducted in conjunction with and as a pre-requisite to the waterfront course).

***ASHI Basic Life Support (BLS)/First Aid can be added for those who require it.